



**CASTLEMAINE STEINER SCHOOL
& KINDERGARTEN**

“The Emotional Development of the Child”

Developing Resilience and Emotional Intelligence for Life

The Castlemaine Steiner School & Kindergarten are pleased to announce this upcoming parent event.

When: Tuesday 20th of March 2018

Who: Ms Irmhild Kleinhenz, School Health Consultant for Anthroposophic Medicine

Where: The Eurythmy Room, Castlemaine Steiner School & Kindergarten

Time: There will be several workshops throughout the day tailored to specific groups;

Workshop 1 – Early Childhood Parents 1.30pm to 3pm.

A workshop style discussion and experience of caring for the young child to build up the will forces in the digestive system. Demonstration of a chamomile abdominal compress. Discussion around the early life senses and how to support the child's independent forces to overcome (genetic and environmental patterning) hypersensitivity to the external world.

Workshop 2 - Castlemaine Steiner School College and Staff 4pm – (Staff only)

Discussion with teachers around understanding the seven life processes as “diagnostic” and educational tools as well as looking at strategies to support parents within the Waldorf educational program.

Workshop 3 – Whole School Community 7.00 to 9.00pm

Physical, Emotional and Spiritual Health as the developmental pathways for the Child in a Steiner School. Finding ways to create healthy boundaries for the child and building up inner strength to meet the outer challenges of daily life.

This is a free event, however please RSVP via the Office to help us anticipate attendance.

More about Irmhild

Irmhild has worked for thirty years out of her specialized experience in anthroposophic medical therapeutic work. She initially was inspired by and participated in the Aurora Australis Eurythmy Training and then further acquired her knowledge in the Anthroposophic Medicine Orientation Training at the Lukas Klinik in Switzerland.

Irmhild works together with integrative medical practitioners and therapists to ensure a highly professional and personal approach to health care. She also gives public lectures on health and spiritual enrichment and is a Tutor/Mentor for health professionals & Steiner teachers and visits Steiner schools as a School Health Consultant.

Health Consultancy is a process-orientated approach to finding a relationship to one's physical, emotional-social and spiritual-mental wellbeing. It is based upon understanding the delicate dynamic between the human being, the natural environment and the challenges of a contemporary lifestyle.

Irmhild aims to help you make sense of your own way of living, your individual health philosophy and to maximize the benefit of integrating your lifestyle with intelligent strategies. Much depends upon attaining an attitude and commitment to living more holistically so that health issues can be managed effectively, and healthy forces can radiate into the world to also heal others and the environment. Healing is more than just a personal challenge. It invariably affects the world around us. Eating biodynamic foods and using ethically sound healing substances supports the regenerative forces in your immune functions but also supports those who are dedicated to healing the earth in the process of growing and utilizing nutritional substances

Qualifications – Post Grad Cert. Anthroposophic Medicine, IPMT Mentor and Tutor, Lecturer and School Health Advisor. Member AAMA. Naturopathic Diploma, ANTA accredited fellow. Post Grad Dip. Applied Science, Integrative Medicine.



